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# THE FLYER

Vol. 38, Issue 5

Salisbury University's Student Voice

October 5, 2010



File photo/Todd Dudek

In this file photo from December 2006, President Janet Dudley-Eshbach awards then-Maryland Senator Paul Sarbanes with an Honorary Doctor of Law Degree at an SU commencement ceremony.

## The new millennium to now

**Dr. Janet Dudley-Eshbach celebrates 10 years at SU; event to be held 10/10/10**

**By Vanessa Junkin**  
Editor in Chief  
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Dr. Janet Dudley-Eshbach said that when she came to Salisbury University in 2000, her goal was "to do what [she] could to improve an already strong institution."

During her time here, "Dr. Janet" — as she prefers to be known — has worked to advocate for SU and its students, faculty and staff.

She said some of her goals early on were to build diversity, improve relations with the community and increase international initiatives. While there

have been significant improvements in each area, Dr. Janet continues to work with each.

She also said during the beginning of her presidency, she started working with the faculty and staff salaries but was then affected by salary cuts.

Faculty emeritus of history Don Whaley, who was part of the search committee that chose Dr. Janet for the presidency, said one thing that stood out about her during the search process was the fact that she was already a university president.

At the time, Dr. Janet was the president of West Virginia's Fairmont State College.

SU continues to become more selective, she said, with the average SAT score for the Class of 2014 nine points higher than last year's.

Over the past 10 years, SU has grown from about 6,200 or 6,300 students to a current number of 8,200, but Dr.

Janet said SU will continue to have its "small school feel" by balancing the numbers of faculty and staff with student body growth.

See PRESIDENT Pg. 2



In this file photo from February 2010, Dr. Janet Dudley-Eshbach poses with civil rights leader John Stokes after he spoke on campus.

## TKE faces suspension from campus

**By Andrew Bell**  
Staff Writer  
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The fraternity Tau Kappa Epsilon has been suspended from campus for a minimum of five years.

Due to privacy restrictions imposed by the Family Educational Rights and Privacy Act, the Office of Judicial Affairs was not able to comment on the reason behind the suspension. Dean of Students Ed Cowell stated that he is "not at liberty to publicly

discuss individual and/or organizational judicial matters or sanctions at any time."

A member of TKE declined a request for an interview, stating only that the chapter will discuss the situation with its national organization. A representative from the national organization also declined to comment.

Cowell was able to outline the process by which a registered student organization is sanctioned. He stated that fraternities and

other RSOs are, like students, "accountable to the University Code of Conduct." The Code of Conduct is an 18 page document that details the behaviors expected from students and organizations. It serves as an agreement between students and the University.

If that agreement is broken, the accused party is directed to appear at a hearing before the Judicial Board, a group of several faculty and sometimes several student representatives.

If the Board finds the party guilty of breaking the Code of Conduct, they may impose a number of sanctions depending on the particulars of the case.

According to Director of Student Activities Jennifer Blackwell, the sanction imposed on TKE was "an indefinite suspension of no less than five years." This revokes TKE's ability to use University facilities, publicize events on campus, induct new members, or participate in University-sponsored activities such as

the Inter-Fraternity Council.

TKE's national organization would not comment on whether chapters can continue to exist without a valid charter. If so, at the end of the suspension, TKE will be reviewed by the Judicial Board and may be granted good standing.

It is also unclear whether TKE appealed the suspension. According to the Code of Conduct, the fraternity would have had to

See TKE Pg. 3

## "Commons" Sense: Dining Services minimizes food waste

**Students play part in how much is wasted at The Commons and other locations**

**By Joseph Michalski**  
Staff Writer  
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For most students living on campus, the place to eat is The Commons. The cafeteria contains ten different food kiosks, as well as a section that hosts theme-style dinners and other meals called the Bistro. Due to this large variety and quantity of food, students are sometimes prone to taking more food than they can eat, which causes students to waste food.

"I try not to waste food, but

sometimes when I get food I don't feel like eating it anymore," said freshman Melissa Biggs.

However, The Commons staff is well aware of food waste by students and its negative implications on the environment.

Ricky Parker, who has worked at the Commons for five-and-a-half years, said he sees students waste a lot of food every shift.

"They sit here and get so excited," Parker said. "So many choices! Then they eat just a little bit and get full."

Parker said that the rule that no

food is allowed outside of The Commons is a part of the problem.

"They can't take the food they can't finish home with them," he said. "If they could, they wouldn't waste anything."

The Commons is taking actions to not only prevent food waste, but to minimize the negative effects of food waste.

The Commons is installing a new dishwashing system that is friendlier with food waste. A new food waste pulper is being used to recycle 70 percent of dried pulp

from scraps, cardboard, and paper. The pulper grinds leftover food up and creates compost, which helps to reduce the amount of trash being produced from The Commons.

Though The Commons produces a lot of food, not much is wasted, said Tony Cerulli, who is the Associate Director of Dining Services, The Commons, Catering and Satellite Dining.

For a typical day, he gave a few examples of how much food is produced: about 600 pounds of mozzarella sticks are fried, he said, or

150-200 pounds for an average dinner entree.

"We throw very little out," he said. One reason, he said, is the "continuous eating" during The Commons' hours. Another is that the food from The Commons or Bistro can be reused for the next meal or reheated for the next day if there is anything left over, he said.

He also said that when the Satellite Dining locations close, leftover sandwiches go to Gull's Nest and Cool Beans.

See FOOD Pg. 3

# Briefly Stated

**Tuesday, Oct. 5**  
E. Pauline Riall Lecture  
Deborah W. Meier, a former kindergarten teacher in Chicago, Philadelphia and New York, founded Central Park East Secondary School, a New York public high school at which more than 90 percent of entering students went on to college. She also helped found and reform other schools. Meier will speak for the E. Pauline Riall lecture, "Why is K-12 Schooling Mandatory? For Whose Benefit?" 7:30 p.m., Tuesday, Oct. 5 in Holloway Hall Auditorium. Earlier that day, from 2:30-4 p.m., she speaks to students and faculty in the Great Hall of Holloway Hall. For information, call 410-548-6393.

**Wednesday, Oct. 6 – Friday, Nov. 5; Events**  
**Thursday-Friday, Oct. 7-8**  
'Relevance' Exhibit

Artists and recent graduates of the Vermont College of Fine Arts (VCFA) M.F.A. program in visual art display their works during the exhibition "Relevance" in the University Gallery of Fulton Hall. An artists' discussion is 12:30 p.m. Thursday, Oct. 7 and a reception is Friday, Oct. 8, 6-8 p.m. VCFA is recognized as a national center for education in the arts. Media range from traditional drawing, photography and painting to modern new media, performance and installation pieces. Admission is free; the public is invited. Gallery hours are 10 a.m.-4 p.m. Tuesday-Friday, noon-4 p.m. Saturday-Sunday. For information call 410-548-2547.

**Saturday, Oct. 9**

**Sea Gull Century**  
The Sea Gull Century, SU's annual 100-mile cycling event, will be held Saturday, Oct. 9, beginning between 7 and 9 a.m. and ending around 6 p.m. The start is on East Campus by the corner of Bateman and Wayne Streets and the finish is by the Henson Mall. Online registration is closed but participants can register for \$90 on-site beginning Friday, Oct. 8 at 4 p.m. Call 410-548-2772, e-mail [seagullcentury.org](mailto:seagullcentury.org) or visit [www.seagullcentury.org](http://www.seagullcentury.org) for information.

**Tuesday, October 12**  
"Maryland's Shame: Segregated Places, Segregated Schools and Segregated Lives?"

In Maryland, many children with disabilities aren't given the opportunity to play and learn with their friends, and adults with disabilities continue to live apart from the rest of society. Learn why Maryland still has so much more to do to ensure that Marylanders with disabilities have equal rights and opportunities to lead full, meaningful lives included in all facets of community life. Lecture by Rachel London, Director of Children & Family Policy, Maryland Developmental Disabilities Council 3:30-4:45 p.m. Tuesday, Oct. 12 in the Wicomico Room.

**Ongoing- Wednesday, Oct. 27**

**Eliot Porter Photography Exhibit**  
Called one of the most influential photographers of the 20th century, Porter spent the majority of his 50-year career traveling the world documenting endangered places. A "Portfolio of Ten Trees" along with six dye transfer prints are displayed in the Atrium Gallery. Admission is free; the public is invited. Gallery hours are Monday-Wednesday 10 a.m.-4 p.m. Call 410-548-2547 for information.

**Ongoing- Friday, Nov. 5**

**Motion Graphics Festival**  
SU's Electronic Gallery presents works from a selection of artists exhibiting at the annual Motion Graphics Festival in Washington, D.C. at "Motion Graphic Festival-Selected Artists Exhibition," held in TETC 128. A free workshop is 9 a.m.-4 p.m. Friday, Oct. 15 in TETC 352. A visiting artist lecture is 5 p.m. Thursday, Oct. 21, in TETC Room 153. Admission is free; the public is invited. Gallery hours are 11 a.m.-4 p.m. Monday-Friday, noon-4 p.m. Sundays. For more information or to sign up for the workshop, call 410-548-2547 or visit [www.salisbury.edu/electronicgallery](http://www.salisbury.edu/electronicgallery). 410-548-2547.

## Hazed and Confused



On Sept. 28, Student Activities brought Erlie Morring to speak with students. He shared his experiences from Auburn, where two students died as a result of hazing.

Pat Hackley photo

## Salisbury; Wicomico County named one of top spots for youth Whitehead and others continue to work to make City better

By Amanda Biederman  
Staff Writer  
[Ab24064@jags.salisbury.edu](mailto:Ab24064@jags.salisbury.edu)

The City of Salisbury and Wicomico County were recently selected as one of the 100 Best Communities for Young People, an honor granted by America's Promise Alliance. Selection was based on exemplification of the organization's five promises: caring adults, safe places, healthy start, effective education, and opportunities to help others. This is the fourth time that Salisbury and Wicomico County have been granted this distinction in the past five years.

The title was made possible in part by Salisbury's Promise: Alliance for Youth, a local chapter of America's Promise Alliance. Salisbury's Promise is led by Dr. George Whitehead, a faculty member in SU's psychology department.

Whitehead explained that Salisbury's Promise is an organization that connects students in the public school to faith-based communities.

"We link students to mentors [from churches and organizations, who] volunteer in [their] school... We also

give them opportunities to perform service in churches," Whitehead said. "These places provide [the students] with a safe place to be."

Whitehead noted that Salisbury's Promise also partners with other organizations that provide services to local youth, such as after-school programs and the Lions Club.

"We look at what local groups provide... and we look at what Salisbury and Wicomico County have provided," Whitehead said.

They have also allied with Kids of Honor, a dropout prevention program.

Salisbury's Promise also works to promote student leadership and holds a leadership program on SU's campus every summer for students in middle school and high school.

"We want to get kids out there, and help them get an education," Whitehead said. "We'd like to narrow the achievement gap."

However, many remain unconvinced. Freshman Chelsea Hicks said she feels that the city of Salisbury is un-

safe, especially for students. "I feel like Salisbury University itself has a very good and warm feel for its students," Hicks said. "The atmosphere of the town around the college, however, is not the best place for young people."

Whitehead admitted that the community certainly still needs improvement. "When you win awards like this, people often translate that as being a perfect community," he said. "Then you pick up the newspaper and read the crime rate. There are obviously still problems that we need to tackle. I think we need to keep working on keeping Salisbury a safe place. There are other groups we partner with to help them come up with a solution."

He added, "My belief is in prevention. I believe that with progress some of the negative problems will decline. We work with the law enforcement and police force, and we work especially with the young people."

One prevention program is Salisbury's AmeriCorps, a program that works with youth in the area. Katie Kitrow, a 2008 SU alumna, is currently working with AmeriCorps. They are helping with "Gimme Five" Youth Day, a day for young students to enjoy the day in a positive environment. It will take place Saturday, Oct. 23 at Prince Street Elementary School.

"We can help the crime rate go down... Having more awareness in schools [is necessary] because that's where [the crime] seems to start out and progress," Kitrow said.

For more information on helping with this event and helping to improve Salisbury's community, e-mail [Kitrow at kkl3848@jags.salisbury.edu](mailto:Kitrow at kkl3848@jags.salisbury.edu).

## Bleeding? Broken? Infected?...or Just Hurts!

### President

Continued from Pg. 1

Whaley noted the recent physical changes to SU's campus.

When she arrived in 2000, Dr. Janet found it difficult to settle on one thing she felt especially proud of during her time at Salisbury, and instead, commended her whole SU team.

"Janet is a very empowering leader," said Rosemary Thomas, the vice president of University Advancement. "She is a strong team-builder and she really encourages the team that she builds to work together. So when you work for her, you really work with her whole team."

Not only has the duo worked together at Salisbury for seven years, but Thomas and Dr. Janet also collaborated at Fairmont State College in West Virginia for four years, while Dr. Janet was the president there and Thomas was the director of alumni relations.

To celebrate the 10 years Dr. Janet has been working at Salisbury, the SU Foundation is hosting a Decade of Distinction celebration on Sunday, Oct. 10 from 2 to 4 p.m. at The Commons.

Dr. Laura Marasco, the Director of Masters in Education and an associate professor in the Seidel School, will speak at the event. She traveled to both Ecuador and Mexico with Dr. Janet.

Dr. Janet is always thinking about the students first, Marasco said.

In Dr. Janet's honor, Glanz said SGA has "good things in the works" and plans to do something special outside her office sometime this week or on Monday, Oct. 11.

"In 10 years, all the hard work that she's done is going to make my degree in May mean a lot more than it does today or than it did 10 years ago," Glanz said.

Pat Gorham, a senior and former SGA president who has worked with Dr. Janet in the past, noted how she de-

fended students at a meeting they attended together.

"I really respect the fact that she will put the students over schmoozing an elected official," he said.

With a humble attitude, Dr. Janet found it difficult to settle on one thing she felt especially proud of during her time at Salisbury, and instead, commended her whole SU team.

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## Crime Beat

9/24/10  
9 a.m. - 12 p.m.  
Theft

Complainant reported the theft of his parking permit from his unattended vehicle while parked in Lot E.

9/28/10  
11:26 p.m.  
Harassment

Complainant reported being harassed by another student who is an acquaintance. A copy of the report has been forwarded to Student Affairs.

9/30/10  
9 a.m. - 1:34 p.m.  
Malicious Destruction of Property

A complainant reported that someone damaged her automobile while it was parked and unattended in the Dresser Parking Lot "A."

## Gansler runs unopposed for the Attorney General seat this November

By Jamyla Williams  
Staff Writer  
[Jw80815@gulls.salisbury.edu](mailto:Jw80815@gulls.salisbury.edu)

The incumbent Maryland Attorney General Douglas Gansler is looking to secure a November victory without any opponents to run against.

Elected in 2007, Gansler serves as Maryland's chief legal officer, which is a publicly-elected state office. His office supervises Maryland's legal affairs and advises state government officials, including the Attorney General.

Gansler has made prosecution of environmental crimes a priority.

"He's focused on the environment," said Raquel Guillory, Gansler's Public Information Officer. "He lobbied for creating a no-discharge zone in the Chesapeake Bay."

Gansler wrote in the report, "Diversity within the classroom and higher education institutions promotes a robust exchange of ideas; greater racial diversity is associated with enhanced critical thinking ability, openness to diversity and challenge,

racial and cultural awareness, and satisfaction with the college experience."

Gansler has also sought to embrace diversity in Maryland's definition of marriage. He has been a supporter of marriage equality and suggested that the state recognize same-sex

marriages performed in other states.

"He's entitled to express his opinions-his personal opinions," Guillory said. "We issued a legal opinion, based on taking a look at the legal issues."

Guillory said that students should also pay attention to the law "because it affects every aspect of their lives, their interaction with the government... The law is very clear, it's devoid of politics."

For more information on Attorney General Gansler, visit <http://www.oag.state.md.us/index.htm>.

This article is part of a continuing series about the General Election.

knows how thankful I am to the Salisbury PD," she said. "They have been unbelievably helpful and always respond quickly and professionally. I also appreciate how they have taken this seriously and have followed through with the patrols."

Names have been changed.

## Peeping

Continued from Pg. 1

regularly drive by her house.

"I feel safe now because the police have put our house on a patrol list and they come and do walk-arounds on a nightly or bi-nightly basis," she said.

Captain Mark Tyler of the

Criminal Investigation Division at the Salisbury Police Department said the closest thing to a "Peeping Tom" is "Visual Surveillance with Prudent Intent."

"It is not a frequent problem, but it is something that does occur," Tyler said. "Especially in densely populated areas such as apartment buildings and close

housing complexes."

The crime is a misdemeanor and the punishment is a fine not to exceed \$2,500 and/or imprisonment for up to one year, he said.

The culprit was not caught for the Onley Road incidents, according to Tyler.

"I think this happened because

## TKE

Continued from Pg. 1

file a written appeal within five days of the original suspension to begin the appellate process. Grounds for appeal include procedural errors by the Board or new evidence that was discovered after the original decision. If grounds for appeal exist, the Board will determine whether to reconsider the case and repeat the sanction.

Cowell believes the message behind TKE's suspension is clear.

He stated, "Our decision-making can have unintended consequences. We must submit to the idea that we are accountable to each other and that our decisions often have an impact beyond ourselves."

Graduate Assistant for Greek Life Elyse McCabe agreed. She said she believes that this occurrence will not change Greek life at SU, stating that Greek organizations and the University will still have a generally positive relationship. She said that "administrators are here to keep everyone safe and ensure the rules are followed."

## October Smoothie Of The Month: Black Forest Smoothie

Half & half cream, maraschino cherries, chocolate syrup & white chocolate syrup blended with ice.

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# EDITORIAL

October 5, 2010

Volume 38 Issue 5

## Overheard: What do you do while procrastinating?

Photos and article by Kelly Mundie and Adrienne Price



"I don't procrastinate. I get [things] done."



"Facebook."



"YouTube."



"Play with my puppy."



"Watch football!"

-Keith Moses, retail supervisor

## The Flyer

*Salisbury University's Student Voice*  
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## Inspiring religious tolerance at SU

By Jalissa Worthy  
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How does it feel to be misunderstood? The responses to that question may vary depending on who you're talking to. But for Muslims it's less about an emotional retort, and more about finding a solution to the problem: a lack of knowledge.

Anti-Islamic sentiment is no stranger to history books around the globe. But after the terrorist attacks against the World Trade Center on Sept. 11, 2001, United States' Muslim citizens were no longer considered Americans, just Muslims, or less affectionately titled "terrorists."

Hate and fear were the labels attached to the darts thrown at Muslims with all the subtlety of firecrackers and with the intensity of a roaring fire.

The extremists responsible for the attack acted in a manner contrary to the beliefs of Islam, depicting the faith as militant. Ever since, Muslims have strived to reverse that image by presenting Islam in a worthy light, and regain the respect that was lost with the lives of victims.

Students at SU who are part of the Islamic faith are no exception to the globally false impressions that haunt Muslims. When asked how it feels to be misrepresented, inspiring religious tolerance.

Vice President Mariam Ogunsanya is not lost for words. The feeling is familiar.

"It hurts a lot... you don't feel comfortable being made something that you're not," Ogunsanya said.

"It's almost like having an extra burden along with living our lives, to try and present ourselves as normal people... another responsibility," said Syed Rohman, MSA president.

Individual acceptance is important to establishing a healthy learning environment. Statements are often made out of ignorance and when lacking proper information.

"The same misconceptions exist at SU. But that's why we're here, to spread awareness," Rohman said.

There is much room for knowledge to be shared about the Islamic community at SU. MSA member Muhammed Awan expressed positive opinions about the attitude toward Muslim students here.

"I must say I appreciate the University and the community. I've never experienced discrimination," Awan said.

Religious intolerance is not just an issue for SU to solve, but it is the responsibility of all humanity.

Meeting with the MSA members certainly didn't reveal terrorists.

Instead, meeting with them exposed a group of strong young people dedicated to spreading peace, and inspiring religious tolerance.

To this rule, people wish to keep the atmosphere at ease through steady politeness. So simple "hellos" and "how are you?" have become the dominant greetings in contemporary settings. The problem with such greetings and questions is that there is not necessarily a genuine concern will be around regardless of preference.

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The first encounters between people always seem to be filled with apprehension. Even the most confident individual has to determine the correct way to approach a stranger.

Before the first and lasting impressions are made, the individuals getting ready to share their initial words are likely to be nervous.

The greetings used during the first stages of a potential relationship often involve a "Hello" followed by name introductions. In Western society, the concept of self-identity is very important since our names carry personal meaning. Thus, first encounters between strangers normally do not end without name exchange.

This tradition seems customary in nearly every society now. However, no matter how many times people face the task of having to engage in "small-talk," the situation never seems to change. Well, maybe a little nervousness has gone away, but some form of an impression has been made by each person.

After those first impressions, each individual has to privately determine whether they wish to continue a relationship with the new acquaintance, whether romantic or completely platonic.

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# GULL LIFE

Volume 38, Issue 5

## Crown Skating Center celebrates national roller skating month

By Erin Taylor  
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This October, besides raking leaf piles and carving pumpkins, students can celebrate the season by lacing up a pair of roller skates.

October is National Roller Skating Month and Crown Skating Center in Fruitland is hosting special events for the community, including college students.

"In honor of National Roller Skating Month we are offering a few programs," said Christy Shaqfeh, marketing director at Crown.

These programs include an Adult Night, open to ages 16 and up, every Sunday from 8 to 10:30 p.m. Those who bring their student IDs receive a discount on the regular \$6 admission. Skate rental is \$4.

"We're going to run it through October and see how it goes," Shaqfeh said.

"It's a hit and it's something that the students really want to take advantage of, then we'll look at doing it; but it is in honor of National Roller Skating Month."

Whether Adult Night will be a success depends on the crowd.

Sophomores Stephen Waldron and Sam Voorhees said they would be interested in

roller skating at Crown as long as they were with friends.

"If people got together and did it I would," Waldron said. Going alone, he said, would not

"I went roller skating two months ago ... and it actually works out your legs very well — once you stop falling, anyway."

Laurel Heflin  
SU Junior

be nearly as entertaining.

Some students, on the other hand, are less enthused by adult skating night.

"I wouldn't be interested, personally, because I don't enjoy roller skating," said sophomore Max Millhausen.

Enjoyment, though, is not the only thing roller skating offers.

Those looking for a new way to exercise may be pleased to know that it is a complete aerobic workout, according to a press release written by Shaqfeh.

"The average person can burn 350 calories by skating at a rate of six miles per hour," she wrote. Shaqfeh also said that roller skating uses over 600 body muscles.

"Sea Gull Square gave us the per-

fect opportunity to provide a complex that could be independent living, apartments, retail and different meal plans. It really gives the students so much flexibility when it comes to living on campus."

The price for Sea Gull Square is about \$675 per month and all leases will be 12 months long. The Department of Housing and Residence Life are working with the state government, federal government, and other contacts to set up financial aid packages for students wishing to live there. Meal plans, billing and other contract options are also being worked out for the project.

"I would really like to live in Sea Gull Square, but I would have to wait until junior or senior year if I did live there," said freshman Cara Mogauro. "It sounds great, but I don't want to pay for 12 months when I am gone for summer and winter."

Amenities include a cardiovascular room on the first floor, small gathering lounges on each level, a large classroom that can be used for classes as well as study groups, added security and larger washers and dryers for each apartment.

"Salisbury is growing as an institution and to keep growing, we need more beds," said Dave Gotskey, Director of Housing and Residence Life.

"Sea Gull Square gave us the per-

## Sea Gull Square apartments to open in fall 2011

Pre-registration sessions give students the information to make decisions for next year

By Melanie McAuley  
Staff Writer  
Mm57265@gulls.salisbury.edu

As 2011 quickly approaches, SU's main campus is rising up with a brand new luxurious residence hall for upperclassmen. Sea Gull Square offers retail facilities on ground level to the entire community and apartment style living options for students filled with amenities on the remaining four floors.

Sea Gull Square broke ground on March 4 of this year and has already made rapid progress. The project is expected to be completed in July 2011. The building will host 605 fully furnished bedrooms total. Most units are four students to two bathrooms, while some may also be four students to four bathrooms or two students to one bathroom. Each apartment includes internal hallways, a full kitchen and a fully furnished living room.

The more work you put into it, the further you're going to go," she said.

For others who are ready to take on a challenge, there are also competitive sport opportunities available at Crown, including artistic roller skating, roller hockey and even roller derby.

### Adult Night at Crown Skating Center

Place: 28410 Crown Road  
Fruitland, MD 21822

Phone: 443-736-7652

Admission: \$6 with discount for Student ID holders; skate rental is \$4

Remaining information sessions will be held in TETC Room 153 at 7 p.m. on:

Monday, Oct. 4

Tuesday, Oct. 6

Wednesday, Oct. 12

Thursday, Oct. 14

Students will need to register by Wednesday, Dec. 1. More information is available on the Housing and Residence Life website.

"Sea Gull Square gave us the per-

## The search for the best slice in Salisbury

By Diana Dwyer  
News Editor  
Dd15629@gulls.salisbury.edu

I grew up on Long Island, New York: a region in which a pizzeria can be found in nearly every shopping center. Although Salisbury does not have as many places, there are still plenty of options.

"Salisbury is no New York City when it comes to pizza," said senior Chris Ward. "But if you know the right spot to hit, your pizza craving will be satisfied."

Most students that I surveyed recommended Dipietro's N.Y. Pizzeria, located across the street from University Park apartments.

"Personally, I think Dipietro's white pizza is the best in Salisbury," Ward said. "It's to die for."

New Jersey native Katherine Ernst agreed.

"It tastes most like back home," she said.

Junior Mari Stack said Pani Pit Pizza has been her favorite place since it opened near her job by the mall.

"I think it's my favorite because when I eat it, it tastes really authentic," Stack said. "You can literally see the difference between their pizza and other pizzas in the spices."

Crust is a key factor for other pizza fans.

"Lombardi's is where it's at,"

said sophomore and Salisbury native Jon Scott. "It's authentic, thin crust, homemade [pizza]."

Senior Adam Burns is also from Salisbury and recommends Maynie's Pizzeria.

"They have delicious specialty pizza and they deliver," Burns said.

Chris Ray, 21, said he prefers to order Domino's pizza.

"Their crust is really soft and it tastes good," Ray said. "I liked the old crust, and the new crust is different but not necessarily better or worse. Still pretty tasty."

An advantage to chain pizzerias is consistency.

"The pizzas are never overdone," Ray said. "I don't like

pizza that's burnt or hard or crunchy."

For others, venturing outside of Salisbury is worth the trip.

"I enjoy Delmar Pizza because they use the freshest ingredients," said graduate student Chris Reeves. "Everything is made from scratch."

Decide for Yourself...

Dipietro's NY Pizzeria  
211 Milford St  
410-543-1911

Pani Pit Pizza  
2657 N Salisbury Blvd  
410-860-8887

Lombard's Pizza  
315 Civic Ave  
410-749-0522

Maynie's Pizzaria  
720 E College Ave Ste 12  
410-749-0744

Domino's Pizza  
261 Canal Park Drive  
410-742-6900

Delmar Pizza & Pasta  
Routes 13 & 54 Stateline Plaza,  
Delmar, DE  
302-846-3636

What is your favorite pizza place? Let The Flyer know by sending a text to 646-533-NEWS (6397).

### From the Photo Bank: What's Happening On Campus



1. Defensive player Shannon Donnelly clears the ball from the Gulls' side during the Salisbury's game against the University of Mary Washington on Oct. 2. The Gulls won 1-0.

2. Wicomico County Executive Rick Pollitt, who is running for reelection, poses with his wife Tracy, far left, and supporter Mary McCurdy during a fundraising reception at McCurdy's home on Oct. 3.

3. Senior Robert Wilkinson II talks to junior Stephon Wright and freshman Brett Wright at the CMAT Fair on Oct. 1 in Fulton Hall.

4. Stephen Jackson performs at the Open Mic Night held in Fireside Lounge on Sept. 30.

**Do you want The Flyer to cover your event?**

**Send us the details!**

**Text us: 646-533-NEWS (6397) or e-mail**

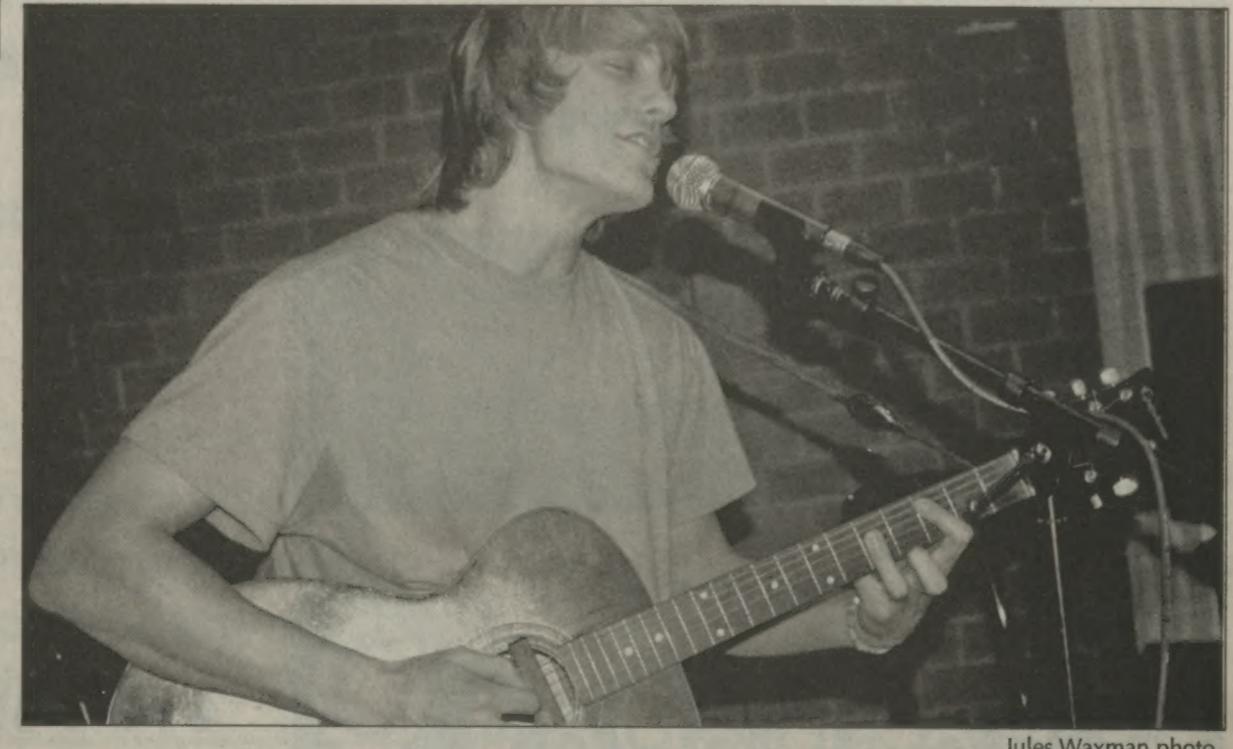
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Patrick Hackley photo



Adrienne Price photo



Jules Waxman photo

OCTOBER 5, 2010 THE FLYER

## Rita Tiso discusses the magic of photography Local photographer assists students in TETC lab

By Kristina Jackereas  
Staff Writer  
Kj94017@gulls.salisbury.edu

Rita Tiso has been taking photographs for ten years. Originally from the islands of Azores, Portugal, she currently makes photography cards and does freelance photography. Tiso, who took some classes at SU, also works as a lab tech in the photography lab at TETC. She assists students with their work, and helps them become better photographers. Tiso said she enjoys leading students closer to their goals.

"I still have the first picture I ever took. It makes me humbly in a sense that I've come such a long way and I'm not done yet. It's magical when you see a picture that's developed. It brings the picture to life," she said.

Tiso said she enjoys taking black and white photos and pictures of people in action. Her passion for them began while she was in England. She saw a priest walking across the street with the traffic buzzing by and snapped a shot of him.

"Everything seems to look better in black and white," Tiso said. "I realized from that first black and white shot that I still had so much to learn."

In addition to traveling to England, Tiso headed back to her home country of Portugal this past June to photograph the local fisherman and their boats. She explained that it is always "interesting to represent a different culture and lifestyle through photography."

"I don't know how to use Photoshop yet," Tiso explained. "So, what you see is what you get."

Tiso began her photography career at Salisbury University. Previously, she owned a retail business until her son, an SU alumna, urged her to pursue her dreams. When she began taking photography classes, her professors quickly noticed that she was able to help other students with

their work, though she was just a student herself. Tiso has always felt passionate towards photography.

"I'm assuming most people have heard the cliché about eating apples every day. In case you haven't, apparently eating an apple a day keeps the doctor away. While an apple a day may help there are many other nutritional variables and personal health factors that play a role in keeping the doctor away.

Undoubtedly, more vegetables and fruits in your diet will help control health problems in your life. This is due to the presence of enzymes and antioxidants in vegetables and fruit. If you notice that they can finally do what they have been practicing, seeing them make art is wonderful," she said.

"I plan to do this for a while, everyone should be passionate about something, and once you are, it won't feel like work."

Though Tiso doesn't take classes at Salisbury anymore, she still desires to work towards learning digital photography and Photoshop. Yet, most importantly, Tiso enjoys her current work with photography.

"I plan to do this for a while, everyone should be passionate about something, and once you are, it won't feel like work."

Let's start with comparing the macronutrient profiles for apples and broccoli. One small to medium apple contains about 80 calories with trivial fat and protein, and approximately 17 grams of carbs (primarily from the sugar fructose—hence the prefix in the word, "fruit"). One cup of raw broccoli contains about 30 calories with trivial fat and protein, and approximately six grams of carbs

(primarily from fiber).

As for antioxidant content, that same apple contains approximately two percent Vitamin A (a fat soluble vitamin) and 13 percent Vitamin C (another fat soluble vitamin). In that one cup of broccoli, there's about 11 percent Vitamin A and 135 percent Vitamin C.

In each case, the serving sizes represent one serving of a fruit or vegetable, respectively. After comparing the macronutrient profiles and antioxidant contents, I have to ask, what's the big deal about apples anyway?

Fiber versus sugar carbs

While overall calories are the dominant factor on a weekly basis, let's consider daily intake and nutrient timing for a moment. Under the assumption that you care about your body composition, the best times to eat apples are the first half of the day and before, during, or after physical activity. In contrast, broccoli may be consumed any time of day.

You can get away with eating broccoli any time of day—but not apples—due to the impact of the carbs on insulin levels. In a nutshell, you basically want to keep insulin consistent with your current activity levels if you want to stay lean.

So it's important to know that the sugar in apples exceeds the affect that the fiber in broccoli has on insulin.

Why broccoli extends your life

A cup of broccoli a day goes a long way in helping retain your health. The antioxidants in broccoli help fight against free radicals that cause sickness and other health problems while the fiber content promotes proper digestion of other nutrients from the foods you eat. The fiber in broccoli also give you more sustained energy that keeps you aware and healthy. Undoubtedly, more vegetables and fruits in your diet will help control health problems in your life. This is due to the presence of enzymes and antioxidants in vegetables and fruit. If you notice that they can finally do what they have been practicing, seeing them make art is wonderful," she said.

On the whole, if you're not a fan of broccoli, I recommend you become one in the next 21 days.

That's how long it takes to break or develop new habits. While apples have their time and place, I'd like to see more people choose fiber over sugar when consuming carbs. Your body will only thank you by giving you a longer, higher quality life in return.

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at cb5519@gulls.salisbury.edu.

For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the paper.

## Nabb exhibit highlights local history of Native Americans

By Rachael Stone  
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The Edward H. Nabb Research Center for Delmarva History and Culture presents its current exhibit: Native Americans: First Contact on Lower Delmarva. The exhibit, which took close

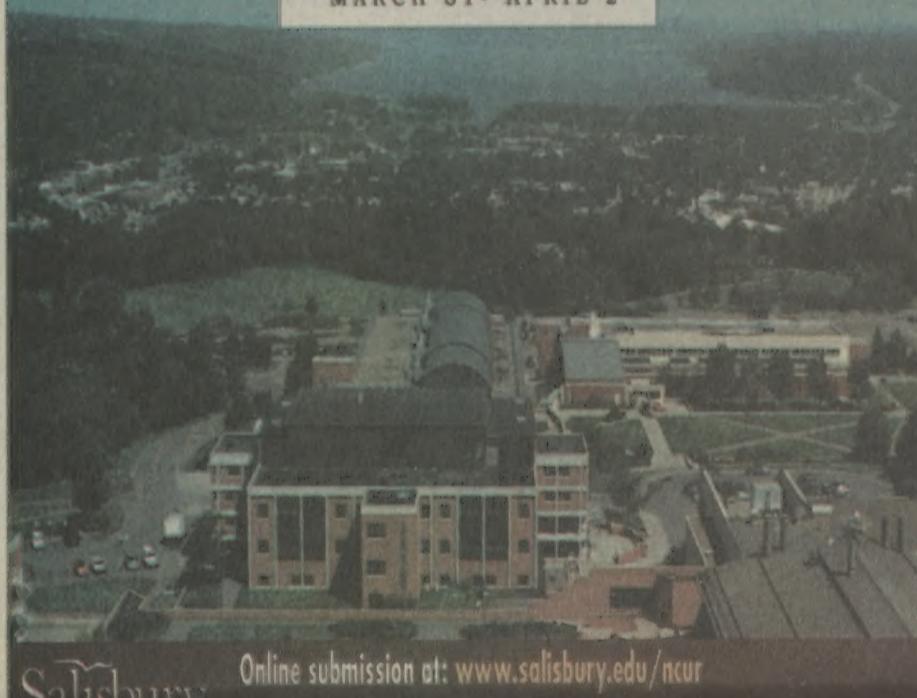
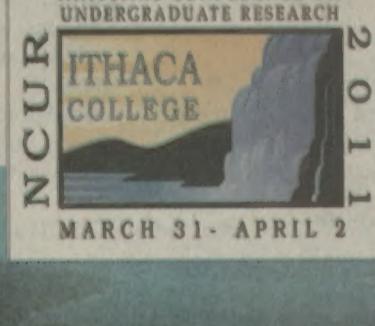
Lower Delmarva. The exhibit tells the story of Native Americans of lower Delmarva during the 17th century, exploring how they lived and worked at the time of first contact with the Europeans. The exhibit, which took close</



# National Conference on Undergraduate Research

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